

Let's Talk: Assisted Living

Department for Aging
and Independent Living

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Special Points of Interest:

- Activities should meet the general preferences of clients
- Activities should provide stimulation, socialization, and enjoyment
- Personal Preferences and Social Factors information is vital to planning activities

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Thinking Beyond Bingo

This month's newsletter is devoted to planning activities for your Assisted Living Community. Though many clients enjoy commonly scheduled activities such as bingo or cards Assisted Living Managers and Activities Directors should endeavor to schedule and conduct

activities that not only meet the general preferences of clients, as required by KRS 194A.705 (1) (c), but also provide socialization, stimulation, and above all, enjoyment. Managers and Activities Directors should always keep in mind that activity promotes

independence within the senior population. The following articles are designed to provide you with examples and ideas. Though DAIL is not requiring your communities to implement the ideas that follow, DAIL would like to encourage all Assisted Living Managers and Activities Directors to be creative, and think beyond bingo.

Personal Preferences & Social Factors

The ideal Assisted Living environment encourages clients to enjoy their unique interests, their friends, peers and their lives. The "Personal Preferences and Social Factors" form can be a tedious task to a state regulation, or it can be an enlightening tool for staff to provide clients with a hand tailored wealth of support and

personal recognition. DAIL often sees minimal or partially completed Personal Preferences and Social Factors forms in client files. This form should, in fact, be the basis by which each community provides for fundamental consumer satisfaction. It is simple to lump the elderly into the stereotype of bingo,

TV and "easily chewed meats". It does not, however, do justice to the proud and diverse lives of clients or their basic contentment with service offered.

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Activity Innovation

DAIL staff has been privileged to see many successful implementations of the client centered community. These communities function in ongoing awareness of the interests the preferences and the personal choices of clients they serve. Listed below are just some of the means by which Kentucky's Assisted Living

Communities have addressed the satisfaction quotients of clients by simply tuning into what makes clients happy. Many of these ideas cost little, some do require a financial outlay, but weaving an atmosphere of individuality, and recognition need not be costly.

-An assisted living community maintains seasonal decoration in the lobby area by recognizing that many clients have enjoyed camping. July resulted in an authentic looking campfire, with pup tent in a realistic woodsy scene. S'mores was undoubtedly a treat that month too.

-Another community used the month of July to feature a wall of old photos of clients and spouses who were veterans. The veterans were pictured in uniform with red, white and blue banners surrounding.

-Dinner with the director is a monthly event held at another assisted living. Formal attire is requested and staff serves dinner restaurant style using staff members as "waiters and waitresses". Clients of this community enjoy dressing up and personal one-on-one time with the director is greatly appreciated.

-A calendar of clients in period and theme dress is prepared each year by a Kentucky community. A professional photographer comes in to capture clients in their "Happy Days" outfits standing by a 53 Chevy or as "Scarlett O'Hara" in the midst of dapper admirers in string ties. The calendars are used for promotion purposes and also a fundraiser.

-The birthday gal or gent gets to chose what they want for lunch on their birthday in some communities.

-A trip to the Dairy Queen, the pumpkin patch, berry picking, cider making festival and Wal-Mart is held monthly in another community.

-A community names it's halls for the streets of their town.

If your community provides innovative, creative, original, or imaginative activities you would like to share, forward your ideas to DAIL for inclusion in future newsletters!